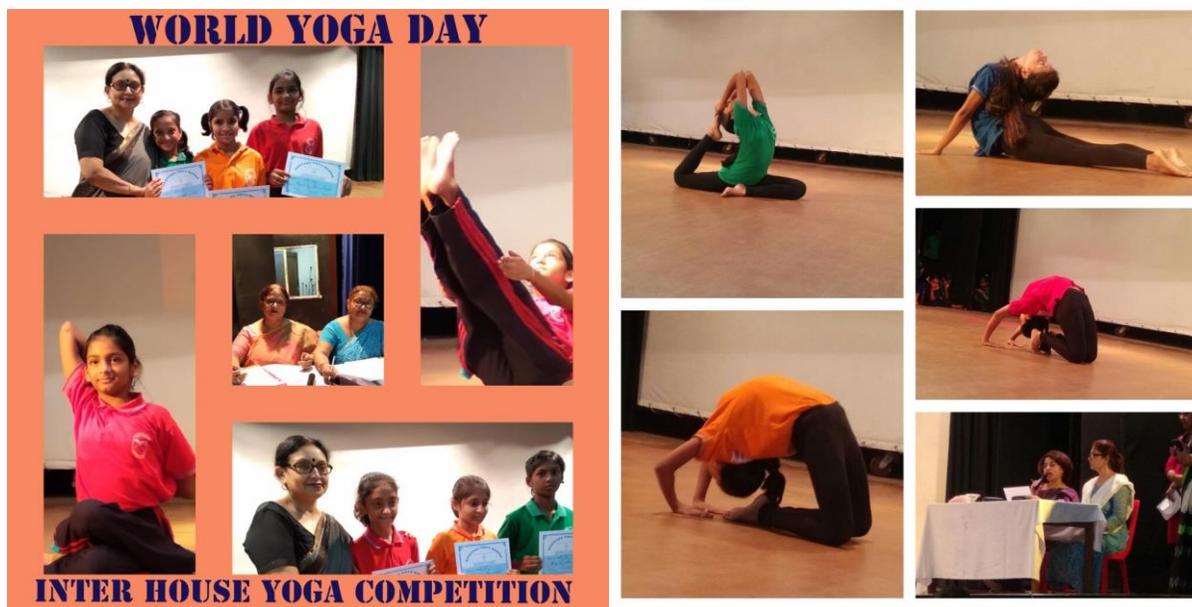


INTER- HOUSE YOGA DAY CELEBRATED IN SCHOOL.

On 21st June, 2019 World Yoga Day our school had organized an Inter-house yoga competition for girls in both the shift. The main aim of this competition was to acquaint the students about the need and importance of yoga. One student was chosen from each of the four houses of standard III to XI, by the respective House Mistresses. The students were selected on the basis of their yoga skills. The practice was guided and conducted by our physical education teachers. Indian yoga federation rules were followed in the yoga competition. The competitors performed five spectacular “Asanas”, firstly in groups and then individually. The students demonstrated various standing and sitting asanas, followed by warm - up exercises and also the importance of good body postures and proper exercises were explained simultaneously. Our respected Vice- Principal ma’am and the Head ma’ams were the judges of the event in each shift.



Although it was a competition but it helped the students and teachers to discover the sense of oneness in themselves. As the competition came to its end, our respected Principal ma’am Ms Sanghamitra Banerjee delivered a very motivating speech to all the students regarding the benefits of the regular practice of yoga. She enquired among the audience about it and called up some of them to demonstrate their skill and ability and there was a spectacular array of yogic posture. Our judges had appreciated all the performance and they were thoroughly impressed. As it was a competition our judges had to announce the results. In the morning shift among juniors – Red house stood first. It was a tie between Blue and Orange house and last but the least were the Green house. Among seniors- Blue house were the winners. It was a tie between Red and Green house and third was Orange house. The day was very exciting and memorable for all. In the day shift among juniors-Green house stood first followed by the Red, Orange and Blue house. In the senior-Red house stood first followed by Orange, Green and Blue house.